



Healthy Habits Quiz

Take the Healthy Habits Quiz to help identify areas where your family may want to make changes.

Do you and your family...	Yes = 2 pts	Sometimes = 1 pt	No = 0 pts
• Have regularly scheduled mealtimes at home?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Eat meals together at least once a day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Plan snacks?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Tailor portion sizes to each person's needs?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Eat three meals every day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Try to make mealtimes enjoyable?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Avoid making everyone eat everything on their plate?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Make meals last more than fifteen minutes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Eat only in designated areas of the house?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Avoid using food to punish or reward?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Enjoy physical activities together once or twice a week?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If your total score is:

20-22 — Your family is on the right track. Use this guide for additional healthy eating and physical activity ideas.

13-19 — Your family is doing well, but could work on areas where you answered “no/sometimes.”

12 or lower — This guide should be very helpful as you try to help your child reach a healthy weight.

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